



## QUITTING TOBACCO ISN'T A WALK IN THE PARK

*You don't have to do it alone. We can help.*

When you're ready to quit, you don't have to do it by yourself. The Quit For Life® Program will provide the support you need to help make your next quit your last. Many of our Quit Coaches are former tobacco users, so they understand how difficult it is to quit. They will support you in putting together an effective Quit Plan, and they always are just a phone call away when you need to talk.

It's FREE. It's confidential. It works.

1.888.275.1205 (select option 3) | [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

### Who is eligible to participate?

Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.

Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.

